

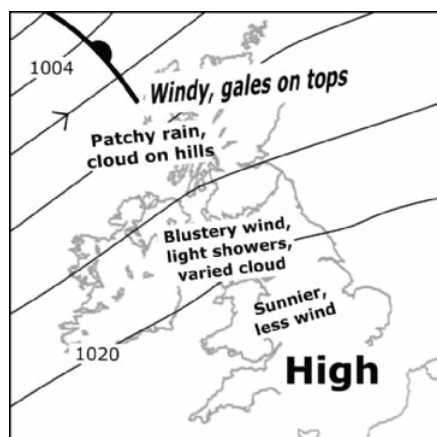
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Saturday, 26 September, 2026



British Mountain Summary:

Based on forecast chart for noon 26 September, 2026

Strong southwesterly winds, gale-force on Scottish mountains, strengthening in the west. Showery rain and cloud banks in western Scotland, patchy rain extending inland. A little rain in the wind at times and some cloud on western hills of England and Wales, more often dry and less wind further south.

Headline for Cairngorms NP and Monadhliath

Increasingly windy, gales on tops; some showery rain, patchy cloud.

Detailed Forecast for Saturday, 26 September, 2026

How windy? (On the Munros)	Southwesterly 30 to 40mph, varying speeds - moderating a little in morning to middle of day, then sustained speeds rising again afternoon, toward 50mph high Cairngorms, gusts 60mph later in day.
Effect of wind on you?	Strenuous-to-arduous walking conditions, buffeting gusts knocking you off balance on exposed terrain, generally worsening later in day; considerable wind chill.
How wet? (Precipitation and its impact)	A little rain mostly southwest Occasional light showers mainly areas toward Ben Alder. Brief light showers possible elsewhere, but more often dry, especially toward Deeside. Toward evening, a cluster of showers spreads more widely from the west.
Cloud on the hills?	Local patches, mostly little Patchy cloud will come and go above 900-1000m around Drumochter, but often above 1000-1100m many areas and clearing above all tops for periods. Lowering from west again into evening.
Chance of cloud free Munros?	70%
Sunshine? Air clarity (below cloud)	Occasional sun, most often north and eastern areas; cloudier later. Visibility very good.
How Cold? (at 900m)	6C rising to 9 or 10C, mildest north Cairngorms, little change into night. Feeling like -3 to -6C in the wind.
Freezing Level	Above the summits.

[illegible]

All mountain areas of Britain from Sunday, 27 September, 2026

A changeable prospect during the week ahead. Sunday sees extensive rain moving in from the west with heavy bursts, accompanied by powerful southerly winds. Improving for many places into Monday as higher pressure expands in from the south, but showers and brisk winds continue toward northwest Scotland. Strong southeasterly winds by Tuesday, widely gales on mountains with turbulent downslope gusts toward the west; a risk of rain developing from the south during the day, becoming heavy later. Blustery south-southwesterlies into Wednesday and Thursday, showery in the west. Higher pressure tends to expand further north again into early October. Mostly mild temperatures.

Forecast issued at 16:30 on Friday, 25 September, 2026

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service. 2026.